

MISCARRIAGE TREATMENT: MEDICATION

HOW DOES IT WORK?

A pill called Misoprostol (also known as Cytotec) can help an early miscarriage to end faster.

HOW WELL DOES THE MEDICATION WORK?

Misoprostol pills work 80%-90% of the time.

IS IT SAFE?

Yes, using pills is a safe way to complete a miscarriage. Using pills does not lower your chance of getting pregnant again.

WHAT DO I DO?

1. Choose a good time to use the pills. You can use the pills in the day or night. **Choose a time when you have had a good meal and plenty of rest.**
2. Swallow ibuprofen (800 mg total) 1 hour before you take the Misoprostol. This will help decrease your cramps.
3. Wash your hands and lie down. **Place 4 Misoprostol pills in your vagina.** Each Misoprostol pill contains 200 micrograms.
4. Continue to lie down for 30 minutes.
5. After lying down for 30 minutes, you can move around as usual. If the tablets come out after 30 minutes, it is OK. Your body has absorbed the medication.

If you do not start to bleed within 24 hours, you can insert 4 more pills.

WHAT ARE THE SIDE EFFECTS?

- Cramping and bleeding with clots: The cramps and bleeding may be much more than you get with a period. The cramps usually start 2-4 hours after you insert the pills and may last 3-5 hours. The heavy bleeding is not risky. It means the treatment is working. The bleeding often lasts 1-2 weeks, and may stop and start a few times.
- Nausea, diarrhea, or chills: These symptoms should get better a few hours after using the pills.

WHAT CAN I TAKE FOR PAIN?

- **Medicine:**
 - Take ibuprofen (Motrin or Advil) 800 mg every 8 hours as needed for pain. Take this with food to avoid an upset stomach.
 - Your provider may have given you acetaminophen (Tylenol) with codeine or hydrocodone: follow the directions on the label.
 - It's ok to combine ibuprofen, acetaminophen, and codeine or hydrocodone.
- **Comfort:** A hot pack may help with cramps. You can also drink some hot tea. Rest in a soothing place.

WHAT IF IT TAKES TOO LONG OR DOESN'T WORK?

If it doesn't work or you feel it is taking too long, you can return for a procedure or try the pills again.

WHEN SHOULD I CALL OR RETURN TO MY HEALTH CARE PROVIDER?

- If the bleeding becomes very heavy and soaks through more than 2 maxi pads per hour for 2 hours in a row
- If you have a fever over 101°F (38.3° C)
- If you start to feel very ill

Let your providers know if you need help. No question is too small. Your provider knows this may be a tough time for you and you have received a lot of instructions. If you forget something, call your provider. Keep a follow-up appointment with your provider.

HOW SOON CAN I GET PREGNANT AGAIN?

You can get pregnant soon after the miscarriage is over. If you want to try again, take a prenatal vitamin daily. If you are not ready to be pregnant at this time, please come to your provider for your birth control options.

FEELINGS AFTER MISCARRIAGE

Please understand that nothing you did caused the miscarriage. A miscarriage is nature's way of ending a pregnancy that would not be healthy. Miscarriage is NOT caused by stress, sports, food, or sex.

Sometimes families and friends don't know what to say. If you feel very upset, you may want to talk to a counselor.